

STATE OF CALIFORNIA
DEPARTMENT OF PUBLIC HEALTH

WALTER M. DICKIE, M. D., DIRECTOR

Weekly



Bulletin

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GUY P. JONES
EDITOR

**Influenza Hard on
The Tuberculous.**

In a discussion of the recent outbreak of epidemic influenza in his county, Dr. K. H. Sutherland, Health Officer of Orange County, comments upon the better cooperation of patients with physicians in the 1928 epidemic as compared with that of 1918. He also makes interesting comments relative to the many deaths that occur among the tuberculous when an epidemic of an acute respiratory infection occurs. Dr. Sutherland says:

"During the month of November 2466 cases of influenza have been reported. This does not represent a complete report of cases, for many of them have not had medical attention, but it does signify the number of more severe cases. The prevalent infection has not proved to be of a serious nature in most instances, and with proper care it has readily responded to treatment. Apparently the intense program of health education, which has been in effect for the past few years, is beginning to show results, because a number of physicians have stated that their patients have cooperated much more readily during this epidemic than they did in the epidemic of 1918 and 1919 in regard to orders concerning maintaining isolation and the care of their illness. This fact may account in some measure for the relatively small number of fatal

cases. A check of county vital statistics shows seventeen fatal cases, attributed to the epidemic so far. Most of these deaths have been in old people and in the very young, and, while these fatalities are none the less to be regretted, their number is not alarming and not inconsistent with the expected number of deaths from respiratory illness at this time of year.

"School routine has been interfered with in a number of communities and schools have been dismissed, not at the order of the Health Department, for we feel that contagious disease control is not often helped by the closing of schools, but because of the fact that absence of pupils and teachers has made continuation of school routine impractical. A survey of the situation at the end of the month shows an improvement, however, and we feel that the peak has been reached and that the end is in sight.

"Any epidemic of respiratory disease is regrettable because of the influence it is bound to have upon the tuberculosis rate. Dormant cases of tuberculosis may be flared up by an infection such as this and other cases made more susceptible to tuberculous infection. Orange County recognizes that it has a definite tuberculosis problem at all times, and is making a real effort to meet that problem."

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"Science and art are helpless, strength
worthless, wealth useless, eloquence vain, if
Health be wanting."

Beware of Deadly Carbon Monoxid.

Dr. Robert T. Legge, Professor of Hygiene in the University of California, is the author of an article on carbon monoxid poisoning which appeared in a recent number of *California and Western Medicine*. This article is timely at this season of the year when cases of this type of poisoning, due to running automobiles in closed garages and to carelessness in the use of domestic gas appliances, are commonly reported. Dr. Legge states, in part:

"Carbon monoxid, a product of incomplete combustion in gas engines, is the most widespread and important toxic agent of modern civilization, preeminently greater than classic lead poisoning. The significance of this hazard warrants an intense interest of the medical profession and the general public on account of the incidence of sickness and death from the use of illuminating or heating gas for domestic purposes and the deadliness of exhausts from automobiles and other gas engines.

"The very general use of automobiles and other gasoline-burning engines whose exhausts contain 7 per cent of carbon monoxid, and the consequent vitiation of atmosphere in garages, traffic tunnels, and congested thoroughfares, has given public health and industrial hygienists much concern. A recent average of 141 tests made by United States Public Health chemists in city streets at peak hours of traffic showed a contamination of 0.8 in 10,000 parts of air, while in 102 tests made in twenty-seven garages taken in fourteen different cities the average carbon monoxid content was 2.1 parts in 10,000. From an industrial hygienist's view, the amount of carbon monoxid should not be more than one part in 10,000 parts of air.

"One of the greatest dangers to life is encountered in warming up an engine in the small, closed garage; a hazardous act that should be given universal publicity. Coroner reports annually record the increased fatalities as a result of idling a running motor in a garage. It has been estimated that a motor will discharge two feet of carbon monoxid every minute, so that in twenty minutes the atmosphere would be concentrated enough to kill a dog by asphyxiation.

"The symptoms of carbon monoxid may be divided into two stages. In the first stage there is a feeling of tightness across the forehead, dizziness,

frontal and basal headache, smarting of the eyes, lack of proper muscular coordination, nausea or vomiting, with increased pulse and respiration. In concentrated atmospheres, the victim, due to rapid poisoning, may develop complete loss of sensation and motion with diminution or cessation of the heart pulsations. Exposure of a pregnant woman to carbon monoxid may cause the death of her child, with subsequent miscarriage.

"The second stage is characterized by loss of muscular control, coma with intermittent convulsions, shallow and irregular breathing, and finally cessation of respiration. Recovery from a severe gassing may be followed by pneumonia, blindness, neuroses, muscular irritability, and mental instability that may be permanent."

Social Work Conference Meets in San Francisco.

The fifty-sixth meeting of the National Conference of Social Work will take place in San Francisco, California, June 26 to July 3, under the leadership of Porter R. Lee, the president, who is director of the New York School of Social Work.

The conference is open to any one who wishes to attend. It brings together at one time the most important group of experts in the field of social work in the country. Its program deals with child welfare, community life, delinquency, health, immigration, mental hygiene, and similar social problems. Thirty kindred organizations will hold meetings in connection with the conference.

During the five years ending with 1927 the Victorian Bush Nursing Association of the state of Victoria, Australia, attended 2273 confinements of white mothers without the loss of a single mother. This organization was started in 1910 for work in the rural districts of the state, and its efforts have been so successful that in 1927 the sparsely settled "bush" had the lowest maternal mortality rate in Victoria, while the city of Melbourne, which contains more than half the population of the state, had the highest. The average rate for the state was 5.58 per 1000 live births, which contrasts favorably with the rate during the same year, 6.47, for the birth registration area of the United States.

This successful record is attributed to the adequate training of both doctors and nurses and their excellent cooperation, insistence on continuous antenatal supervision, and properly planned, staffed and equipped hospitals to which all complicated cases are removed at the earliest moment.

At twenty-five the average man sees the need of better laws, but at forty-five he sees the need of better men.—Bemis Blotter.

County Acts For Clean Eating Places.

Riverside county supervisors have adopted a license fee system for eating places in this county outside of incorporated cities. The ordinance was passed upon the request of the county health department which stated that a number of complaints had come in regarding unsanitary conditions at some lunch stands.

The ordinance strictly regulates the serving and preparation of food in eating places outside of the municipalities. It provides that no persons suffering from contagious or infectious diseases shall serve or prepare food for the public. Permits to conduct eating places must hereafter be obtained from the county health department, and will be given only when inspection reveals sanitary conditions.

Inspection of such places is provided by the ordinance. Sterilization of dishes and eating utensils, methods of storing foods to protect against flies, dust and other contaminations, and proper ventilation, drainage and lighting are required under the new law. Violation of the ordinance is a misdemeanor, punishable by a fine of no less than \$10 nor more than \$500, imprisonment for not less than five days nor more than 60 days, or both such fines and imprisonment. San Mateo County has adopted a similar ordinance.

To look up and not down;
To look forward and not back;
To look out and not in,
And to lend a hand.

—Edward Everett Hale.

New Health Officer At San Anselmo.

Dr. M. S. Edgar has been appointed city health officer of San Anselmo to succeed Dr. O. W. Jones who has occupied the office for many years.

Ten per cent of the school population of the United States, or about 3,000,000 children, have measurable defects of hearing, reports the Joint Committee on Health Problems in Education. The committee has recommended, among other things, a uniform law in all states and cities requiring an annual examination of the hearing of school children as a part of the general annual health examination, emphasis on the means of preventing deafness, and, ultimately, the opening of clinics in the schools. In regard to the education of the moderately deaf, training in special classes in "an environment of speech" rather than in institutions, with instruction in lip reading, is recommended.

Louisiana State Health Officer Retires.

Dr. O. W. Dowling, who has served as president and executive officer of the Louisiana State Board of Health for more than a score of years is known to many Californians who will learn, with regret, of his retirement from public office. Dr. Dowling will again take up the practice of medicine in Shreveport. He has made an excellent record as a public health executive and his loss will be felt both locally and nationally.

Infant Care Letters Available.

The series of twelve letters upon the subject of infant care which have appeared in this publication during the past twelve weeks may be secured in separate form by writing to the Bureau of Child Hygiene, State Department of Public Health, 335 State Building San Francisco. These letters will be sent singly, each month, or the entire series will be sent at once, as may be desired.

Dr. Halliday Resigns From State Department.

Dr. Charles H. Halliday, who has served as epidemiologist of the State Department of Public Health for the past four years, will leave the employ of the state, his resignation becoming effective January 7, 1929.

A person in an office or schoolroom having windows of the special glass which permits the passage of the sun's ultra-violet rays, and sitting in the direct rays of the sun, would get about as much ultra-violet light in three hours as in one hour in the open sunshine. Sitting in the same room beyond the direct rays for 15 to 20 noontide sunlit hours would give an average effect equal to that of only two minutes in the outdoor sun. This is the conclusion of a study recently made at Johns Hopkins University. The report of the study states the opinion that this type of glass has undoubted usefulness in solariums, but that its installation in the windows of schools and offices would seem to be of little value.

MORBIDITY.*

Diphtheria.

55 cases of diphtheria have been reported, as follows: Oakland 4, Gridley 1, Kern County 2, Kings County 1, Los Angeles County 7, Long Beach 2, Los Angeles 11, Redondo 1, Whittier 2, Lynwood 1, San Rafael 2, Merced County 1, Orange County 3, Anaheim 1, Riverside County 1, San Bernardino County 2, San Diego 2, San Francisco 2, San Luis Obispo County 2, Redwood City 1, Santa Barbara

* From reports received on December 31st and January 2d for week ending December 29th.

County 1, Santa Clara County 2, Palo Alto 2, Ventura 1.

Measles.

17 cases of measles have been reported, as follows: Oakland 2, Fresno 1, Glendora 1, Los Angeles 1, Santa Monica 1, Maywood 1, Anaheim 1, San Diego 3, Santa Barbara County 4, San Jose 1, Sonora 1.

Scarlet Fever.

130 cases of scarlet fever have been reported, as follows: Alameda County 3, Alameda 1, Berkeley 3, Oakland 6, Fresno County 2, Fresno 1, Kern County 2, Los Angeles County 3, Compton 1, Long Beach 1, Los Angeles 18, Whittier 1, Lynwood 1, Bell 1, Merced County 1, Pacific Grove 1, Grass Valley 2, Laguna 1, Riverside County 1, Perris 1, Riverside 5, Sacramento 10, San Diego 10, San Francisco 20, San Joaquin County 3, Lodi 2, Stockton 6, Santa Clara County 9, San Jose 6, Santa Cruz County 1, Sonoma County 1, Yuba City 2, Tulare County 1, Yolo County 1, Yuba County 1, Marysville 1.

Smallpox.

19 cases of smallpox have been reported, as follows: Alameda County 1, Berkeley 3, Oakland 3, Gridley 3, Fresno County 1, Fresno 1, King City 1, Sacramento 2, San Francisco 2, Tulare County 1, California 1.

Typhoid Fever.

5 cases of typhoid fever have been reported, as follows: Imperial County 1, Tustin 1, Los Angeles 2, California 1.

Whooping Cough.

63 cases of whooping cough have been reported, as follows: Oakland 3, Los Angeles County 5, Glendale 1, Long Beach 1, Los Angeles 16, Signal Hill 1, Monterey County 2, Orange County 1, Fullerton 2, Sacramento 3, San Bernardino 1, San Diego 3, San Francisco 16, San Joaquin County 2, Santa Clara County 2, San Jose 4.

Meningitis (Epidemic).

14 cases of epidemic meningitis have been reported, as follows: Oakland 1, Los Angeles County 1, Los Angeles 3, Riverside 1, Sacramento 1, San Francisco 4, Stockton 2, San Mateo 1.

Poliomyelitis.

Los Angeles reported one case of poliomyelitis.

Botulism.

Sacramento reported one case of botulism.

Undulant Fever.

Long Beach reported one case of undulant fever.

COMMUNICABLE DISEASE REPORTS

Disease	1928				1927			
	Week ending			Reports for week ending Dec. 29 received by Jan. 2	Week ending			Reports for week ending Dec. 31 received by Jan. 4
	Dec. 8	Dec. 15	Dec. 22		Dec. 10	Dec. 17	Dec. 24	
Anthrax	0	0	0	0	0	0	0	0
Botulism	1	0	0	1	0	0	0	0
Chickenpox	236	257	125	102	410	260	243	192
Diphtheria	93	88	92	55	135	161	171	137
Dysentery (Bacillary)	0	2	1	0	1	0	1	0
Encephalitis (Epidemic)	3	2	1	0	2	0	0	1
Food Poisoning	0	0	4	0	0	0	6	1
German Measles	7	13	1	5	74	72	106	40
Gonorrheus Infection	105	119	81	66	103	110	90	62
Influenza	10,683	7,385	3,141	1,232	21	28	20	26
Jaundice (Epidemic)	1	0	0	0	3	0	1	0
Leprosy	2	0	1	0	0	0	0	0
Malaria	1	1	0	1	3	0	0	0
Measles	21	16	19	17	55	51	35	39
Meningitis (Epidemic)	9	19	14	14	6	2	3	1
Mumps	203	213	139	84	95	92	69	65
Paratyphoid Fever	0	0	0	0	0	0	1	1
Pneumonia (Lobar)	192	200	131	84	45	57	48	94
Poliomyelitis	0	4	3	1	24	22	12	9
Rabies (Animal)	13	5	19	17	5	13	5	9
Rocky Mt. Spotted Fever	0	0	0	0	0	0	0	0
Scarlet Fever	198	219	185	130	173	191	192	161
Smallpox	21	27	18	19	7	27	14	16
Syphilis	149	162	113	81	123	204	85	106
Tetanus	0	0	0	0	1	0	1	0
Trachoma	3	0	0	1	7	0	1	1
Trichinosis	2	0	0	0	0	0	2	0
Tuberculosis	205	184	216	128	222	186	138	124
Typhoid Fever	4	6	5	5	10	7	13	7
Typhus Fever	0	0	0	0	0	0	0	0
Undulant Fever	0	0	0	1	0	1	0	0
Whooping Cough	150	150	75	63	170	83	56	44
Totals	12,302	9,072	4,384	2,107	1,695	1,567	1,313	1,136

CALIFORNIA STATE PRINTING OFFICE